



Peterborough Wellness and Recovery Activities Calendar

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Crisis Food Cupboard is available at the CMHA reception area (466 George St.) the second, third and fourth Tuesday of the month. Drop in between 2 p.m. and 4 p.m.</p>	<p>To register for the WRAP (Wellness Recovery Action Plan) 8-week Workshop, contact Carli Mulligan at 705-748-6711 extension 2068 or cmulligan@cmhahkpr.ca</p>			1
<p>4 Food for Mood 2 p.m. to 3 p.m.</p>	5	6	<p>7 Wellness Group Topic: Social Connectedness Activity: Handmade Holiday Craft 1 p.m. to 3:30 p.m.</p>	8
<p>11 Food for Mood 2 p.m. to 3 p.m.</p>	12	13	<p>14 Wellness Group Topic: Social Connectedness Activity: Holiday movie 1 p.m. to 3:30 p.m.</p>	15
<p>18 Food for Mood 2 p.m. to 3 p.m.</p>	19	20	<p>21 Wellness Group Topic: Social Connectedness Activity: Handmade Holiday Craft 1 p.m. to 3:30 p.m.</p>	22
<p>25 C.M.H.A. H.K.P.R. Offices Closed</p>	<p>26 C.M.H.A. H.K.P.R. Offices Closed</p>	27	<p>28 Wellness Group Topic: Social Connectedness Activity: Card Games 1 p.m. to 3:30 p.m.</p>	29

Notes:

- Unless otherwise noted, please meet at 466 George St. North, Peterborough for all activities;
- Please note that programs are subject to change in the event of an emergency.